

Golden Chickpea and Chard Soup

Serves 4

2 tbsps coconut oil
1 banana shallot or small red onion, finely diced
2 cloves of garlic, finely chopped
1 carrot, peeled and finely diced
2 inch piece of fresh ginger, very finely chopped
Handful of coriander, stems finely chopped, leaves chopped
1 green chilli, sliced
1 tsp turmeric powder
1 tsp Sri Lankan curry powder or garam masala
400g can of chickpeas, plus their liquid (or I love these small jars by Bold Beans)
400g can of organic coconut milk
400ml chicken stock, veg stock or water
1 tsp caster sugar
A few stems of rainbow chard, stalks chopped and leaves stripped and chopped
250g cooked rice (I used a pouch of wild and basmati rice) or cooked orzo
Juice of 1 lime

To garnish

Chilli oil or peanut rayu, for drizzling
A handful of crispy onions
Coriander leaves

1. Heat the coconut oil over a medium in a heavy bottomed saucepan and scrape in the shallot, garlic, carrot, ginger, coriander stems and chilli, then season with a nice pinch of sea salt. Fry, stirring, for a few minutes or until softened and smelling lovely. Scatter over the turmeric and curry powder and stir to coat the pan gubbins, cooking it out for a couple of minutes before adding in the stock, coconut milk and chickpeas along with their liquid, and the sugar. Stir.
2. Bring to the boil, and then turn down to a simmer, simmering for ten minutes on a medium heat. After that time, add in the chard stalks and leaves and cook for another ten, until properly cooked through and

softened, then add in the rice or orzo and warm that through for a good few minutes. By now the soup should be nicely reduced and slightly thickened. Add in the lime juice, stir and taste for seasoning, adjusting with a little more salt or pepper if needed. I love white pepper here.

3. Ladle into warm bowls and garnish with the crispy onions, coriander and chilli oil/raju to taste.